

# Toxic Effects CORE

PATIENT INFORMATION SHEET

## TURN THE TIDE ON TOXIC EXPOSURES



### COULD YOU BE AT RISK?

Toxic body burden is the lifelong accumulation of chemicals to which you have been exposed through the food you consume, the air you breathe, and the environment you inhabit. The health effects of toxic chemicals are widespread and varied. The most common effects impact the endocrine, nervous, and immune systems. Conditions that have been associated with toxic exposure include:

- Infertility
- Asthma
- Diabetes
- Certain cancers
- Chemical sensitivities
- Fibromyalgia
- Developmental delays (children)
- Hormonal imbalances
- Autoimmune diseases

### COMMON SOURCES OF TOXIC EXPOSURE

- Certain foods (fish, fatty meats, produce)
- Industrial products (adhesives, paints)
- Petroleum products (gasoline additives, car exhaust)
- Personal care products (perfumes and cosmetics)
- Household cleaners and air fresheners
- Contaminated soil and water
- Cigarette smoke

### WHO CAN BENEFIT FROM TESTING?

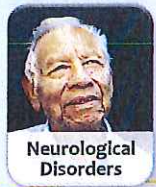


At-risk  
Employees



Preconception/  
Infertile Couples

### AND PEOPLE WITH . . .



Neurological  
Disorders



Impaired  
Immune  
Systems

### THE SOURCE OF YOUR SYMPTOMS?

Toxic exposures occur on a daily basis, often while engaging in activities that are typical in life and work. Common sources of exposure include:

- A diet rich in high fat foods
- Jobs or hobbies that involve use of common toxins
- Active dieting or a diet that has resulted in the loss of a significant amount of weight
- Frequent airline travel
- Use of personal care products that contain common toxins such as phthalates and parabens
- Consumption of conventionally grown (non-organic) produce

If you routinely encounter any of these exposure sources – or any of those highlighted in the panel to the left – you may wish to ask your healthcare provider about evaluating your levels of environmental toxins.

### TOXIC EFFECTS CORE

Toxic Effects CORE (CHEMICAL OCCURRENCE & RELATED EXPOSURE) is a valuable tool to help determine whether common environmental toxins are contributing to chemical toxicity that may be causing chronic symptoms. Your lab results will aid in identifying your best treatment options, to help get you back on the path to health and wellness.

Ask your healthcare provider about the Toxic Effects CORE profile.

To learn more about associated symptoms and conditions, please visit [www.metamatrix.com/tecore](http://www.metamatrix.com/tecore).



[www.everydayexposures.com](http://www.everydayexposures.com)

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